

## ABSTRACT

The present invention relates to a connecting device for providing an optical connection between an apparatus comprising a apparatus port and provided for  
5 receiving and/or sending optical signals, and at least one optical fiber comprising a connector. The connecting device comprises a support plate supporting at least one adapter. The adapter comprises an adapter contact adapted for a plug connection with the apparatus port of the apparatus, and a connector contact adapted for a plug and/or screw connection with the connector of the fiber. The  
10 support plate provides a grip for manually plugging in/off all of its adapters simultaneously into/from the respective apparatus ports.

(Fig. 1)